

ABSTRACT

THE EFFECTIVITY OF LAVENDER *ESSENTIAL OIL* IN INHALATION METHODS AND LAVENDER *ESSENTIAL OIL* WITH CARRIER OIL IN TOPICAL METHODS ON QUALITY AND QUANTITY OF THE SLEEP IN THE ELDERLY IN UPT PSLU PASURUAN

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Elderly often experience change in circadian rhythm which influences sleeping pattern. A sleep problem causes poor quality and quantity in getting a good night's rest. Lavender *essential oil* is used as one of non-pharmacological interventions for insomnia by providing a calm and soothing sensation to sleep. *Essential oil* can be used by topical and inhalation methods in the elderly in the Integrated Service Unit of Elderly Social Institution (UPT PSLU) Pasuruan.

The research design used was quasi experiment. Twenty seven respondents were obtained by total sampling technique. The respondents were then divided into three groups, topical, inhalation, and control group. The dependent variable of this research was quality and quantity of the sleep in the elderly were collected by PSQI questionnaires. While the independent variable was the use of lavender *essential oil* by topical and inhalation method.

The data were analyzed by using Chi Square with the level of significance $p=0,05$. The statistical result to compare the influence of both methods to the quantity of the sleep in the elderly showed that $p=0,29$ and the quality of sleep showed that $p=0,29$ which means that there was no difference of influence between topical and inhalation methods to the quality and quantity of the sleep in the elderly.

However giving lavender *essential oil* into topical effect than in inhalation method. Suggestion was addressed to future research to examine the role of friends of the same age for psychological guidance to the elderly as an effort for better sleep.

Keywords: lavender *essential oil*, topical method, inhalation method, sleep quality, sleep quantity, the elderly